

## **MOVE! Program Talking Points**

Over 70 percent of veterans receiving medical care from the U.S. Department of Veterans Affairs (VA) are overweight or obese. Twenty percent of veterans receiving medical care from VA have diabetes.

Overweight and obesity increase risk for heart disease, hypertension, stroke, cancer, and diabetes.

### **Three Key Points**

1. VA has developed the *MOVE!* Weight Management Program to address overweight and obesity. The *MOVE!* Program is being initiated in all VA medical facilities.
2. *MOVE!* is designed to help veterans lose weight, keep it off, and improve their health.
3. *MOVE!* is an evidence-based, patient-centered weight management program with a comprehensive focus on behavior, nutrition, and physical activity.

### ***The MOVE! Weight Management Program has the following features:***

- The *MOVE!* Program uses a **public health approach** to screen all overweight veteran patients, provide counseling about health risks, and offer enrollment in *MOVE!*.
- As part of *MOVE!* enrollment, patients complete an **online questionnaire**, the **MOVE!23**. It asks them about their medical history, what they eat, how active they are and other issues that may be affecting their ability to manage their weight. The *MOVE!23* produces a detailed individual profile with self-care recommendations for the veteran (the **Patient Report**) and a **Staff Report**, with a brief summary and guidance for staff in treating and counseling the veteran. Both reports can be automatically imported into the VA computerized medical record.
- Over **100 hundred MOVE! patient handouts** have been developed that address behavior, nutrition and physical activity. The user-friendly handouts offer practical, economical tips for weight management. From the *MOVE!23*, a tailored set of handouts is recommended for the veteran. Spanish versions of the handouts are available.
- A **patient-oriented MOVE! website**, [www.move.va.gov](http://www.move.va.gov), provides access to the *MOVE!23*, patient handouts, public service announcements as well as links to many other federal health resources, including the Dietary Guidelines for Americans and MyPyramid. The *MOVE!* website is also available via a link from the home page of MyHealthVet, [www.myhealth.va.gov](http://www.myhealth.va.gov).
- The implementation of the *MOVE!* Program makes VA the first federal agency to provide a comprehensive, evidence-based, clinical intervention program to treat obesity.
- Primary care providers outside VA, veteran family members and other adults can access *MOVE!* Program materials as resources for managing weight through [www.move.va.gov](http://www.move.va.gov).